



Employee WELLNESS



Florida Department of Health in Broward County

April 2017



OT vs. PT



Many people are curious about the relationship between Occupational Therapy (OT) and Physical Therapy / Physiotherapy (PT). There is often confusion about these two professions and some even think that the two are synonymous.

Occupational Therapy

Occupational therapy tends to focus more on evaluating and improving functional abilities. Occupational therapy focuses more on improving life skills and incorporating adaptive tools at times customized by the therapist. Helping people improve their ability to carry out their daily tasks is a prime goal of the occupational therapist.

Physical Therapy

The physical therapy profession (also called 'physiotherapy') tends to be more focused on evaluating and diagnosing movement dysfunctions as well as treating a person's injury itself. The physical therapist will be more likely to diagnose and treat the physical source of the problem; the injured tissues and structures. Both physical and occupational therapists are trained extensively in anatomy and the musculoskeletal system resulting in both being very knowledgeable about musculoskeletal injuries and rehabilitation than a general practitioner medical doctor.

Although the two health care professions have differences in their focus there is much crossover between OT and PT. For an example of the crossover, an occupational therapist is often involved in educating people on how to prevent and avoid injuries, as well as educating people about the healing process, just like a physical therapist. Physical therapists in turn often help people improve their ability to do their daily activities through education and training. While there is this crossover between professions both play very important roles and are specialized in their areas of expertise. In many situations, both types of health-care professional are involved in injury recovery.

<http://physicaltherapyweb.com/differences-occupational-therapy-physical-therapy/>

GREEN GRASS
AFTERNOON RAIN SHOWERS
OPEN WINDOWS
COLD ICE CREAM
EVENING WALKS
PICNICS IN THE PARK
WARM SUNSHINE
PRETTY FLOWERS
HAPPY SPRINGTIME

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Managing Stress

Everyone has stress, whether it's a bad day at work, car trouble, or simply too many things to do. However, too much stress can make it hard to parent effectively. After a while, your children may show signs of being stressed out, too!

What You Might Be Seeing

- Feeling angry or irritable a lot of the time
- Feeling hopeless
- Having trouble making decisions
- Crying easily
- Worrying all the time
- Arguing with friends or your partner
- Overeating or not eating enough
- Being unable to sleep or wanting to sleep all the time

*If you need help, contact **E4 Health**
State of Florida Employee Assistance
Program at 844-208-7067 or
www.sofeap.com*

A build-up of stress also can contribute to health problems, including allergies, a sore neck or back, headaches, upset stomach, and high blood pressure.

What You Can Do? It is important to learn how to manage your stress—for your own sake and for your children. The following suggestions may help:

- **Identify** what's making you stressed. Everyone's stressors are different. Yours might be related to money, work, your surroundings (traffic, crime), your partner, your children's behavior, or health issues.
- **Accept what you cannot change.** Ask yourself, "Can I do anything about it?" If the answer is no, try to focus on something else. If there is something you can do (look for a new job, for example), break it into smaller steps so it doesn't feel overwhelming.
- **Have faith.** Look back at previous times when you have overcome challenges. Think, "This too shall pass."
- **Relax!** Try deep breathing, meditation, yoga, or listening to music. Take 30 minutes to play a board game and laugh with your kids.
- **Take care of your health.** Getting enough sleep can make a big difference in your stress level. So can eating healthy foods and getting some exercise.
- **Take time for yourself.** Take a bath, read a book, or pick up a hobby. When you can, hire a babysitter (or trade time with a friend or neighbor) and get out for a few hours.
- **Develop a support network.** Don't be afraid to ask for help. Older children can set the table. Your spouse or partner could take over bedtime a few nights a week. Friends might pick up the kids from school to give you a break.
- **Remember:** Learning to manage your stress will improve your happiness and show your children that they can handle stress too! https://www.childwelfare.gov/pubPDFs/stress_ts.pdf



A positive lifestyle change is another step in making
Florida the Healthiest State in the Nation.





Read This Story Without Distraction (Can You?)

Excerpts from New York Times, April 26, 2016.
By VERENA von PFETTEN Credit Andy Rash.

Stop what you're doing.

Well, keep reading. Just stop everything else that you're doing. Mute your music. Turn off your television. Put down your sandwich and ignore that text message. While you're at it, put your phone away. Just read. You are now monotasking.

Maybe this doesn't feel like a big deal. Doing one thing at a time isn't a new idea.

A 2014 study in the Journal of Experimental Psychology found that interruptions as brief as two to three seconds, were enough to double the number of errors participants made in an assigned task.

Earlier research out of Stanford revealed that self-identified "high media multitaskers" are actually more easily distracted than those who limit their time toggling. So, in layman's terms, by doing more you're getting less done.

Not the same as mindfulness, which focuses on emotional awareness, monotasking is a 21st-century term for what your high school English teacher probably just called "paying attention."

The way we work can have effects that kick in long after we clock out. As much as people would like to believe otherwise, humans have finite neural resources that are depleted every time we switch between tasks "That's why you feel tired at the end of the day," she said. "You've used them all up." The term "brain dead" suddenly takes on a whole new meaning.

Monotasking can also make work itself more enjoyable. "Almost any experience is improved by paying full attention to it," Ms. McGonigal, a psychologist, lecturer at Stanford. "Attention is one way your brain decides, 'Is this interesting? Is this worthwhile? Is this fun?'"

This is why, according to Ms. McGonigal, the ability to monotask might be most valuable in social situations. "Research shows that just having a phone on the table is sufficiently distracting to reduce empathy and rapport between two people who are in conversation," she said.

Parents of young children found it difficult for obvious reasons, as did people with jobs that permit them less control over their time. In those cases, try monotasking in areas where you can: conversations with your children, reading a book in bed before they go to sleep, dinner or drinks with friends. After all, monotasking is a good skill to incorporate into all aspects of your life, not just work.

It was important to find ways to practice. "Start by giving yourself just one morning a week to check in, and remind yourself what it feels like to do one thing at a time," she said.

Monotasking can also be as simple as having a conversation. "Practice how you listen to people," Ms. McGonigal said. "Put down anything that's in your hands and turn all of your attentional channels to the person who is talking. You should be looking at them, listening to them, and your body should be turned to them. If you want to see a benefit from monotasking, if you want to have any kind of social rapport or influence on someone, that's the place to start.

That's where you'll see the biggest payoff."

https://www.nytimes.com/2016/05/01/fashion/monotasking-drop-everything-and-read-this-story.html?_r=0

Healthiest Nation 2030



APRIL 3-9, 2017

#NPHW

Ingredients

- 3 tablespoons butter
- 1 medium onion, cut into 1-inch pieces
- 5 medium carrots, cut crosswise into 1 1/2-inch pieces
- 1/2 teaspoon dried thyme
- 1 cup (spooned and leveled) all-purpose flour
- 1 can (14.5 ounces) reduced sodium chicken broth
- Coarse salt and freshly ground pepper
- 1 1/2 pound boneless, skinless chicken thighs, cut into 2-inch pieces
- 2 tablespoons chopped fresh dill, or 3/4 teaspoon dried dill weed
- 1 3/4 teaspoons baking powder
- 1/2 cup plus 2 tablespoons milk
- 1 package (10 ounces) frozen peas



Did you know?

Blueberries:

There are three types of blueberries: highbush, lowbush and hybrid half-high. The most commonly planted blueberry is the highbush. Most blueberry breeding has focused on this species, so there are many varieties that range widely in cold hardiness and fruit season, size, and flavor.

Healthy Eats



Chicken and Dumplings

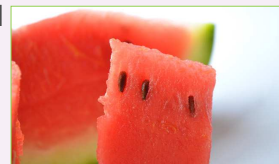
Directions

1. In a Dutch oven (or a 5- to 6-quart heavy pot with a tight-fitting lid), heat butter over medium. Add onion, carrots, and thyme. Cover and cook, stirring occasionally, until onion is soft, about 5 minutes.
2. Add 1/4 cup flour and cook, stirring, 30 seconds. Add broth and bring to a boil, stirring constantly; season with salt and pepper. Nestle chicken in pot; reduce heat to medium-low. Cover and cook, stirring occasionally, 20 minutes.
3. Meanwhile, make dumplings: In a medium bowl, whisk together remaining 3/4 cup flour, dill, baking powder, and 1/2 teaspoon salt. With a fork, gradually stir in 1/2 cup milk to form a moist and soft batter. It should be just a little thicker than pancake batter and should easily drop from the tip of a spoon. (Add additional 2 tablespoons milk if too thick.) Set aside.
4. Stir peas into pot.
5. Drop batter in simmering liquid in 10 heaping tablespoonfuls, keeping them spaced apart (dumplings will swell as they cook). Cover, and simmer until chicken is tender and dumplings are firm, 20 minutes. Serve.

<http://marthastewart.com/341261/chicken-and-dumplings>

What's in Season!

Bell Pepper, Blueberry, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Spinach, Squash, Strawberry, Sweet Corn, Tangerine, Tomato and Watermelon.



Back page Story: Emmanuella A Delima



**A healthy attitude is contagious
but don't wait to catch it from others.**

Be a carrier. Tom Stoppard

My father had a stroke that left him paralyzed when I was a little girl. According to the doctors this was caused by a high level of LDL cholesterol in his body, which was the result of unhealthy eating habits.

My best friend is diabetic and I saw her suffering for more than two years going from surgery to surgery, losing three of her toes, taking several pills every day and dealing with obesity that reached her self-confidence at the worst level.

These are some examples of situations that I lived and that worried me. So I decided not only to take all the measures that will help me staying healthy, but also to motivate others to do the same. I decided to be a carrier of healthy attitude.

During my orientation, when I first got hired by the Department of Health, they insisted on the negative impacts of obesity and other health conditions; they also explained how sugar was an enemy to human well-being. I was happy to get my job for sure, but was happier to be part of such a great organization for which health was a cornerstone. However, I must admit my surprise when I saw vending machines that sell sodas and other sweet beverages in our cafeterias. I thought this was contradictory to our vision and mission, which is why I quickly considered the issue as a challenge. I started to talk to my colleagues about the importance of health and about some easy steps that they can take to make a difference. I was happy to see that many of them decided to change their eating habits and others even started to practice a physical activity, such as walking.

My goal here is to see us drinking water when we are partying with a colleague, or eating fruits instead of a chocolate bar. I am lucky to have a great supervisor who supports me in that and grateful to my colleagues who give me a chance to make a difference.

Emmanuella Delima, ADAP program
Thank you for sharing your story!

DOH-Broward Employee Wellness

**The Walking Club,
meets at noon in front of
the Administration Building every
Monday, Wednesday and Friday.
Mark your calendars!**



Please consult your
healthcare provider before
starting any diet or exercise
program.

Contact Us:

Kristin Halldorsdottir
954-467-4700 x 3009

Nickey Lewin
954-467-4700 x 4004



Posted in staff lounge.